

# NORTH POTOMAC SENIOR CENTER

13850 Travilah Road • Rockville MD 20850 • 240-773-4805



## NOVEMBER 2023 NEWSLETTER

### MARK YOUR CALENDAR AND SET YOUR ALARM FOR MONDAY NOVEMBER 13TH!



Monday, November 13th at 6:30am (online) and 9am (in person at the center) registration opens for programs and classes in the Winter session. If you need a one-on-one tutorial on how to register online, TechConnect assistance is available at North Potomac Senior Center on Saturdays between 9:30am and 12:30pm. Registration not required for this service. Bring your device with you to the center and a TechConnect staff member will be glad to assist.

### SAVE THE DATE — SATURDAY, DECEMBER 9TH

Save the date...Saturday, December 9th from 3:30 to 6:30pm for North Potomac's annual ***Holiday Extravaganza*** featuring Mr. and Mrs. Claus along with an appearance by The Grinch! This is a family fun event open to all ages featuring a Hanukkah station, a Kwanzaa station, gingerbread house decorating, games, crafts, hot cocoa bar, cookies, and plenty of photo opportunities! Registration required for this special holiday event.



# TECH SUPPORT

Learn the Basics, Master the Future



**Tablets**



**Phones**



**Computers**



**Apps**



**Email**



**Anything!**

**For 55+**

**It's completely FREE!**

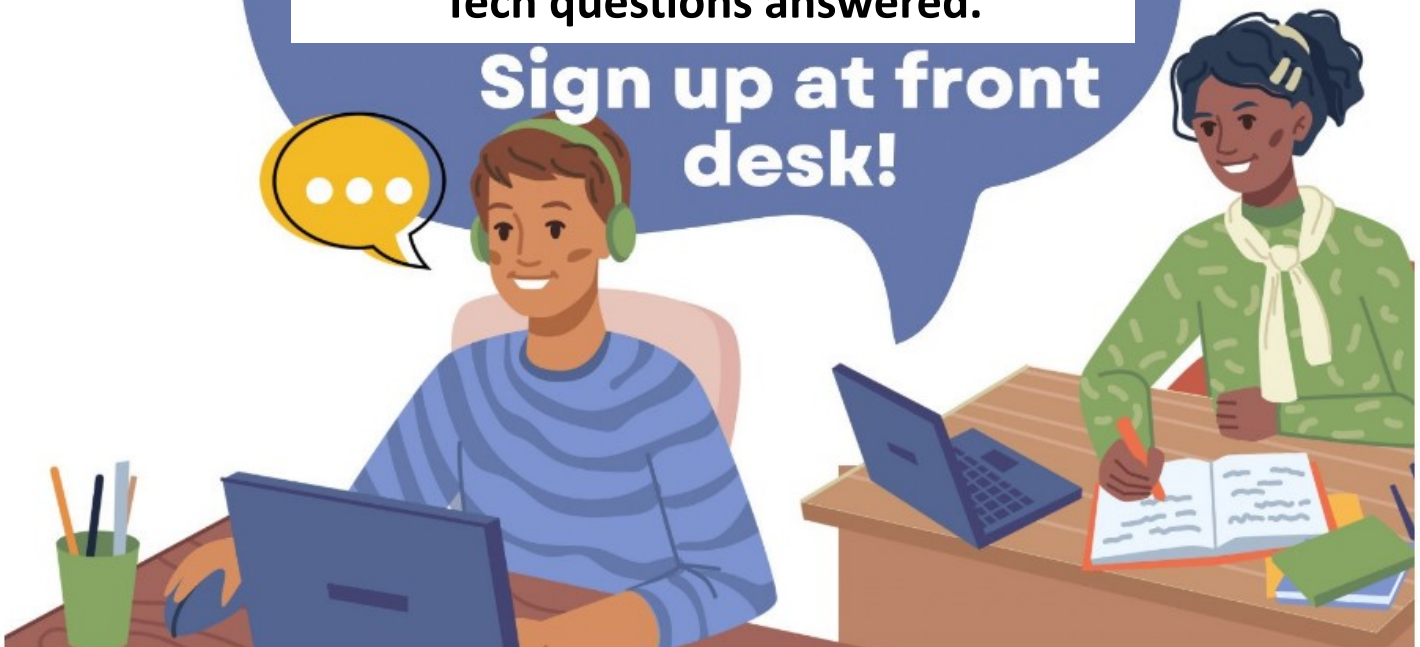
**Saturdays**

**November 4, 11, and 18**

**9:30am to 12:30pm**

**FREE One on One Help to get your  
Tech questions answered.**

**Sign up at front  
desk!**



# ***Unlock Your Story***



*Unlock Your Story* provides 55+ customers an opportunity to share their compelling recreation stories with others.

The goal of *Unlock Your Story*:

- to strengthen and develop new relationships
- Identify what we have in common
- Identify issues

***Ages  
55+***

During the pandemic we received additional funding for 55+ programs due to customers telling their stories. You must continue telling your compelling stories to maintain the programs and events and to add 55+ evening and weekend programs and events to our schedule. We want to hear from you! Attend one of the sessions below and be sure to share this information with your family, friends, and neighbors.

## ***Unlock Your Story schedule:***

**Monday, November 6th at 10:45am**

**Wednesday, November 8th at 3pm**

**Wednesday, November 15th at 4pm**

## PROGRAMS COMING TO NORTH POTOMAC SENIOR CENTER

Shopping at Clarksburg Outlets  
November 7 from 9:30am to 12:30pm  
Active # R07101\_215

FREE Diabetic Shoes by Medicare  
November 8 from 10am to 1pm  
Active #R07028\_211

Diwali: Festival of Lights Celebration  
Friday, November 17 from 10:30m to 1pm  
Active #R07107\_114

Fall Prevention with UMD Nursing Students  
December 6 at 12:15 pm  
Active # R07030\_202

**\*\*Wheaton Location** FY25 Operating Budget Forum—Hybrid **Wheaton Location\*\***  
Monday, December 11 from 2 to 3:30pm  
Wheaton Senior Center

Hanukkah Dreidel Party with Anna Kofner  
December 12th at 1:15pm  
Active #R07107\_211

Senior Planet/AARP Beyond Basics Tablet Class  
Mondays and Wednesdays from 2:15 to 3:30pm  
Starts December 13  
Active #R07105\_204

Drawing and Illustration with Dereje  
Starts January 11 from 10 to 11 am  
Active #R07052\_203

Make Your Own Sewing Kit with Chris  
January 23 at 12:30pm  
Active #R07095\_217

Ballroom Dance Party  
February 2nd at 2:30pm  
Active #R07107\_203



## REC PASS VS. ACTIVE MONTGOMERY PROGRAM REGISTRATION FORM

The difference between an “ACTIVE REGISTRATION FORM” and a “REC PASS”

A customer completes an Active Registration form to receive a REC PASS and to register for programs and classes in person. With a REC PASS you have access to the Game Room, Fitness Center, and some Gym programs and only need to “SCAN” your REC PASS at the front desk.

All 55+ programs and events require a customer to register by completing an Active Registration form prior to for EACH program's session or event. Registration is online at Mocrecom.com or in-person at Senior Center by completing an Active Registration form and scanning your Rec Pass. Registrations required PRIOR to attending any 55+ program and taking attendance at 55+ programs is required. If a customer's name does not appear on the attendance sheet prior to the start of a program, they MUST register at the front desk. Please be kind to your fellow customers, instructors, and staff by adhering to the rules and regulations set by the County. Thank you.

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### JCA FREE CURB TO CURB TRANSPORTATION

If you live within five miles of North Potomac Senior Center, there is Free JCA handicapped accessible transportation available Monday through Friday. Pickup from your home is between 8am and 9am and bus leaves approximately 1:45pm for your ride home. Call 240-773-4805 for an application or stop by North Potomac Senior Center during open hours. It takes JCA 7 to 10 business days to process an application and contact the applicant.

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### SENIOR NUTRITION PROGRAM (SNP) AT NORTH POTOMAC SENIOR CENTER LUNCH BY DUTCH MILL CATERING



For people aged sixty and over, or a spouse of any age can take part in the SNP at North Potomac Senior Center. The suggested donation is \$3.00 per meal. The cost of the meal for those under age 60 is \$7.99 per meal. To complete SNP application, come to North Potomac Senior Center between the hours of 9am and 1pm weekdays for SNP staff to assist you and answer any questions. To order or cancel a lunch reservation, call 240-773-4805 at least four days before your reservation.

# Set "Pen" to Paper

Use the clues to determine words that contain *pen*.

1. Five-sided shape \_\_\_\_\_
2. Costing a lot of money \_\_\_\_\_
3. Colorado ski resort \_\_\_\_\_
4. Ready for business \_\_\_\_\_
5. Tube-shaped pasta \_\_\_\_\_
6. Where swine live \_\_\_\_\_
7. Copper coin \_\_\_\_\_
8. Sketching tool \_\_\_\_\_
9. Baseball flag \_\_\_\_\_
10. Fix a pencil; make a point \_\_\_\_\_
11. Adam and Eve reptile \_\_\_\_\_
12. Necklace ornament \_\_\_\_\_
13. Writer's pseudonym \_\_\_\_\_
14. Useless organ \_\_\_\_\_
15. Clock weight \_\_\_\_\_
16. Retirement income \_\_\_\_\_
17. Antarctic bird \_\_\_\_\_
18. Yellow flag in football \_\_\_\_\_



## EASY RECIPES FOR NOVEMBER FUN!

### Pumpkin Pie Bread (Makes 2 loaves)

#### Ingredients:

3 1/2 cups all-purpose flour  
2 teaspoons baking soda  
1 teaspoon baking powder  
3 teaspoons pumpkin pie spice  
1 teaspoon salt  
3 cups white sugar  
1 cup vegetable oil  
4 eggs  
1 (15-ounce) can pumpkin puree  
1/2 cup water



#### Directions:

1. Preheat oven to 350°F.
2. Grease two 9" X 5" loaf pans.
3. Sift together the flour, baking soda, baking powder, salt, and pumpkin pie spice and set aside.
4. In a large bowl, beat together sugar, oil, eggs, and pumpkin.
5. Stir in flour mixture alternately with water.
6. Divide batter evenly between the prepared pans.
7. Bake in the preheated oven for 60–70 minutes or until a toothpick inserted into the center comes out clean.
8. For best flavor, store wrapped in plastic wrap at room temperature for a full day before serving

### EZ Apple Snack (Makes 6 servings)

#### Ingredients:

1/2 large apple, cored and cut crosswise into 6 rings  
2 tablespoons peanut butter  
1/4 cup Honey Bunches of Oats with Real Peaches cereal

#### Directions

1. Spread one side of each apple ring evenly with peanut butter.
2. Sprinkle with cereal and enjoy





# Caught on Camera



Enjoying the beautiful lake and its surroundings at Black Hill Park.



What scent should my candle be?



Acrylic painting at Evening Crafters.



Zumba with Carol on Monday mornings.



Flower arranging at Evening Crafters.



Enjoying the weather and beer at Brookeville Beer Farm.

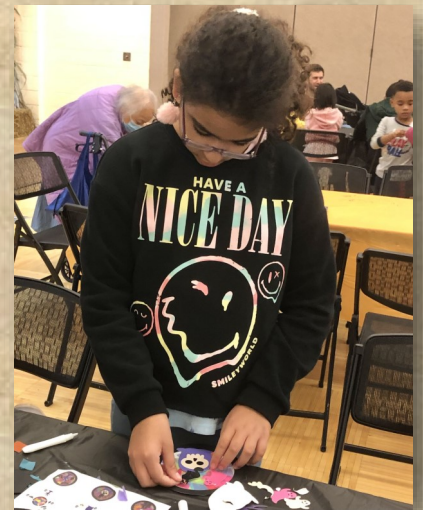


Martial Arts Health Dance on Saturday



# Fall Festival Fun

## October 21, 2023





# Fall Festival Fun

## October 21, 2023

